

TABLE 4. Treatment Factors, Chronic Insomnia Diagnoses, Early Separation Versus Term Completion Controls, Active Component, U.S. Armed Forces, 2014–2023

Characteristics	Early Separation Cases		Term-Completion Controls		Odds Ratio	95% CI LL	95% CI UL	<i>p</i> -value
	No.	%	No.	%				
Total	29,282	100	26,397	100				
Behavioral therapy within 365 days on, after diagnosis								
Yes	18,041	61.6	12,169	46.1	1.88	1.81	1.94	<0.0001
No	11,241	38.4	14,228	53.9	Reference			
CPG-recommended pharmacotherapy within 365 days on, after diagnosis								
Yes	7,602	26.0	5,455	20.7	1.35	1.29	1.40	<0.0001
No	21,680	74.0	20,942	79.3	Reference			
Behavioral therapy or CPG-recommended pharmacotherapy within 365 days on, after diagnosis								
Yes	20,626	70.4	14,832	56.2	1.86	1.79	1.92	<0.0001
No	8,656	29.6	11,565	43.8	Reference			
Behavioral therapy sessions within 365 days on, after diagnosis, <i>n</i>								
1–3	9,749	33.3	7,136	27.0	1.73	1.66	1.80	<0.0001
4+	8,292	28.3	5,033	19.1	2.09	2.00	2.18	<0.0001
None	11,241	38.4	14,228	53.9	Reference			
Behavioral therapy within 90 days on, after diagnosis								
Yes	13,269	45.3	8,837	33.5	1.65	1.59	1.70	<0.0001
No	16,013	54.7	17,560	66.5	Reference			
CPG-recommended pharmacotherapy within 90 days on, after diagnosis								
Yes	3,874	13.2	3,100	11.7	1.15	1.09	1.21	<0.0001
No	25,408	86.8	23,297	88.3	Reference			
Behavioral therapy or CPG-recommended pharmacotherapy within 90 days on, after diagnosis								
Yes	15,258	52.1	10,831	41.0	1.56	1.51	1.62	<0.0001
No	14,024	47.9	15,566	59.0	Reference			
Behavioral therapy sessions within 90 days on, after diagnosis, <i>n</i>								
1–3	10,204	34.8	6,978	26.4	1.60	1.55	1.66	<0.0001
4+	3,065	10.5	1,859	7.0	1.81	1.70	1.92	<0.0001
None	16,013	54.7	17,560	66.5	Reference			

Abbreviations: No., number; CI, confidence interval; LL, lower limit; UL, upper limit; CPG, clinical practice guideline; *n*, number.